

# DINNERLY



## Masala Fish Tray Bake

with Sweet Potato and Toasted Coconut



35 minutes



2 Servings

Jump on the tray-bake train with this sublime meal of Indian-spiced fish, sweet potato and beans, topped with crunchy toasted coconut.



#### WHAT WE SEND

- 2 sweet potatoes
- 10g masala seasoning
- 20g shredded coconut <sup>17</sup>
- 150g green beans
- 1 red onion
- basa fish pieces <sup>4</sup>

#### WHAT YOU NEED

- 1½ tbs vegetable oil

#### TOOLS

- roasting pan or oven tray
- baking paper
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Fish (4), Sulphites (17). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 455kcal, Fat 22.5g, Carbs 37.9g, Proteins 23.2g



#### 1. Bake sweet potato

Preheat the oven to 220C. Line a roasting pan with baking paper. Cut the **unpeeled sweet potatoes** into 4cm chunks. Put in the lined pan, drizzle with **2 tsp vegetable oil**, scatter over **1 tsp masala seasoning**, season with **salt and pepper** and toss to coat. Bake for 12 mins.



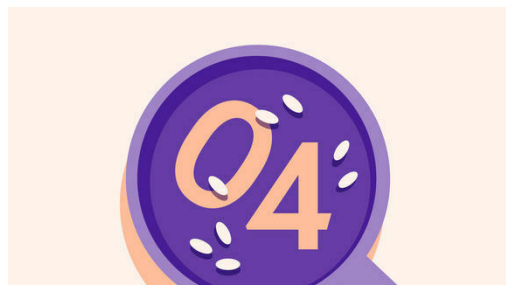
#### 2. Toast coconut

Meanwhile, put the **shredded coconut** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



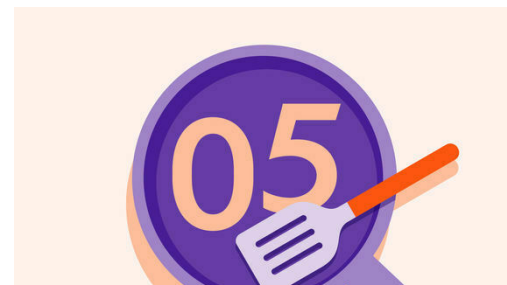
#### 3. Prep ingredients

Trim the **beans**. Thinly slice the **onion**. Cut the **fish** into 3cm-thick pieces. Combine the **remaining masala seasoning** and **1 tbs vegetable oil** in a large bowl. Add the beans, onion and fish, season with **salt and pepper** and toss to coat.



#### 4. Bake fish and veggies

Put the **fish mixture** on top of the sweet potato and bake for a further 15 mins or until the fish is cooked through (see Kitchen 101) and the vegetables are tender.



#### 5. Serve up

Scatter the **toasted coconut** over the traybake. Divide the **tray bake** among plates or pop the tray on the table for everyone to help themselves. Enjoy!



#### 6. Kitchen 101

Not sure if your fish is cooked through? Simply use a fork or the tip of a knife to take a peek inside the thickest part of the flesh; if it comes apart easily, the fish is cooked.